

The President's Report

With the border restrictions lifted and the anticipated surge in COVID cases, we are learning to adapt and continue our lives, with intermittent isolation periods. Unfortunately, this month, like many people, I have spent time in isolation after testing positive for COVID following the State OWS Championships. It has highlighted to me that you can encounter the virus in the least expected environments; you must continue to be vigilant in wearing a face mask; and, most importantly, you must get vaccinated! I was double vaccinated. Thankfully my symptoms were very mild, and I have recovered quickly.

We've had some beautiful Open Water swim events this month, with a good club turn out at the Pub to Pub, State OWS Championships and the Australia Day Jetty to Jetty swim, where we managed to retain the Club Trophy for another year. The outdoor swimming continues in February at the beach and pool so please support the club and enter. Alternatively, if you are looking for a challenge while building fitness and swimming for great prizes, consider registering for the Vorgee Million Metres via <https://mastersswimming.org.au/programs/million-metres-program/>.

Also, please note that the 24hr MS swim at the Unley pool has been postponed until April, with more information to follow soon.

There are also some important dates in March to note: a First Aid Course on Saturday 19th March in the Burnside Pool Club room; the Club AGM on Wednesday 23rd March, 7:15pm, also in the Burnside Pool Club room; and the MSSA Presentation Dinner on Saturday 26th March.

Well done Alex Quibell who only just managed to get into WA to compete in his second Ironman Event for 2021 at Busselton, WA. What an amazing result and he just keeps getting faster!

Finally, membership renewals for 2022 are now due! Renew and start counting the laps: <https://memberdesq.sportstg.com/index.cfm?fuseaction=main&OrgID=3397>.

Betty "Die Präsidentin" Reinboth

Coach's Corner

Hello! and happy New Year to all of you I haven't seen at training. I have very good news for you. Next Friday, 4th February, at 6:00pm we will have our first opportunity to participate in a "roll and release" or yoga session before training. It is wonderful to stretch properly, to have your muscles ready for the workout in the pool. Come with your gym mat, or if you don't have one, your towel and enjoy the Catherine Adrete-Morris class. The second and last class will be held on 11th of February, again at 6:00pm. These classes are free.

The bad news is that I must postpone the lunch on 5th February at the Latvian club due to COVID related closure of the clubrooms. Keep smiling, swimming, and stretching.

Ilze

New Members



Luci Dobbin



Andrew Minns

Luci has recently moved to Adelaide from Sydney and loves open water swimming and is interested in pool swimming to improve her stroke.

Andrew is a keen open water swimmer and was persuaded by Adelaide Master swimmers, Suzie and Jane, to join and compete for Adelaide Masters. From the OWS Championship photos he seems to be enjoying the fun that competitive open water swimming offers.

Notice of Adelaide Masters Annual General Meeting 2022

The Annual General Meeting of the Adelaide Masters Swimming Club will be held:

- **Date:** Wednesday 24th March 2022
- **Time:** 7:15pm – 8:00pm (after early training)
- **Venue:** The Burnside Pool Club Room
- **Food:** Pizza and drinks will be provided

NB: Training will be 6:00pm - 7:00pm with no coaching fee on this night.

More information will be sent out later.

Open Water: The Pub to Pub



The weather was perfect and the sea was almost perfect, with just a little bit of chop. The words “Pub to Pub” suggest the swim is some type of pub crawl but, even though the race started in front of Seacliff Hotel and finished at the Brighton Espy Hotel, it was unlikely that there was any drinking at either of these places.

The start was hectic with 117 swimmers all trying to get to the front at the same time, and Adelaide Masters made up 12 of those swimmers. But eventually the race evened out and at the end of 1.6km we had the 2nd and 3rd fastest females in Steph Palmer-White and Sharon Beaver. The general consensus was that the swim was very enjoyable no matter what position they finished. Even the walk back to our cars at Seacliff was nice, although being swimmers not walkers, it would probably have been faster for most of us to have swum back!

Open Water Proclamation Day Swim

Tuesday 28th December promised to be another great Adelaide Masters Proclamation Day Swim. Jeff Sheridan once again organised things to perfection, with still waters and a predicted air temperature of 30 degrees. On course water temperature was measured at 20.1 degrees just before the start, making for some bracing racing.

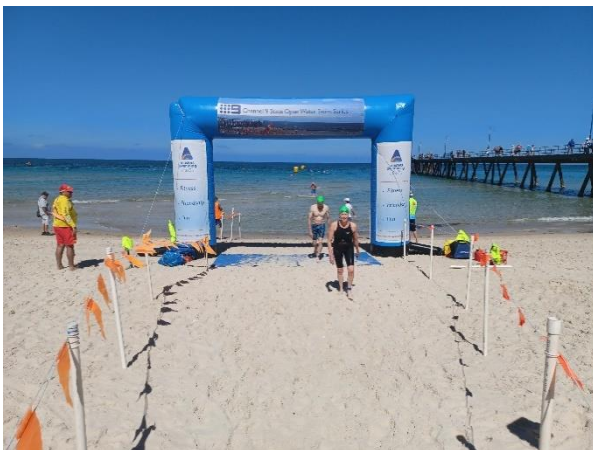
The 164 entrants were split roughly 2/3 in the 2km event and 1/3 in the 1km swim with no 5km event or late entries due to COVID restrictions. Both swims were hotly contested with jostling for position at the start kept to a minimum.

The winner of the 2km swim was Chris Deegan (30 mins 14 secs) and Emily White was the first female (31 mins and 42 secs) and second overall.

The 1km event was won by our own Steph Palmer-White (17 mins and 39 secs) with Mark Preiss being second overall and first male (17 mins 42 secs). The median time for the 1km was 25 minutes and for the 2km was 44 minutes. Both Chris and Steph have previously won Proclamation Day swims.

Many thanks to Malcolm Robertson of **Event Strategies** for timing and prompt results, to **Ocean Swims** for pre-race advertising and registrations, and to the **Glenelg Surf Lifesaving Club** for providing superb water cover.

Thanks also to the many Adelaide Masters members who arrived early and stayed late to help with set up and clean up.



Peter Clements

Open Water: State Championships



What a fine-looking bunch of people

This year the State Championships were held at Somerton on a blisteringly hot day. There were two distances, a 1km for the sprinters and a 3km for those with a longer distance mindset. We started on a falling tide which meant the water in some parts of the course was getting rather shallow by the end of the 3km event.

Congratulations to Erin Brown (3km), Julie Bowman (3km), Scott Goldie (3km), Lee O'Connell (1km), Steph Palmer-White (1km) & Emily Goldie (1km) for winning their age groups and becoming this year's open water state champions. Extra applause goes to Steph for being the overall winner of the 1km event.

[Full results listing here](#)

Open Water: Jetty to Jetty

This year's Jetty to Jetty was swum in calm seas with a blue sky overhead. The conditions looked perfect but as we were swimming from Henley to Grange and the current was going the other way, we were all in for a tough swim. All 31 of the Adelaide Masters swimmers made it to the end. This helped us retain the overall club trophy for yet another year. Overall, it was a fantastic team effort.

[Full results here](#)

Busselton Ironman



I jumped the border just in time to make it to the Ironman event in Busselton, WA on 4th December 2021. It was a beautiful, calm swim and I was able to see the ocean floor the whole way. Bike was challenging as I didn't get my nutrition plan right but finished off on a strong run. This all helped me to score a new personal best of 10:06:

Swim 3.8km 1:10

Bike 180km 5:20

Run 42km 3:27

Alex Quibell

Apply First Aid and CPR training Course



On: Saturday 19th March, 9:00am – 5:00pm

At: Burnside pool boardroom

Cost: \$150

If you are interested in getting trained in First Aid and CPR, or your lapsed training certification requires updating, please register your interest by emailing adelaidemastersswimming@gmail.com, or advising Betty Reinboth on 0403 328 502 or poolside ,and more information will be forwarded to you. It's a valuable skill to have.

Dates for your diary

All events may be subject to change or cancellation due to COVID restrictions

February

Saturday 6th Brighton Jetty Classic, Brighton

[Mix with the Marilyns](#)

Saturday 12th The Pink and Blue Swim, West Beach

200m, 400m, 700m & 1000m

[Enter Here, it is for a good cause](#)

Sunday 20th Henley Beach Swim, Henley Beach

1km or 2km

Sunday 27th Summer Swim Series Round 3, Strathalbyn

[Enter Here before 11/02](#)

March

Saturday 5th Port Elliot Swim, Port Elliot

900m or 1.8km

Monday 14th Noarlunga Reef Swim, Noarlunga

1.5km, 2.5km & 5km

[Enter Here](#)

Sunday 20th Summer Swim Series Round 4, Woodside

[Enter here before 04/03](#)

Wednesday 23rd Club AGM, Burnside Pool

Have a say in the running of your club

Saturday 26th The Branch Dinner

May

Sunday 1st MSSA SC State Cup, SAALC

Sunday 22nd MSSA Interclub 1 (relays), SAALC

July

Sunday 17th MSSA Interclub 2 SAALC

August

Sunday 14th MSSA Interclub 3 (National Swim Series) SAALC

September

Sunday 11, MSSA Interclub 4, SAALC

The logo for Adelaide Masters Swimming Club Inc is located in the top left corner. It consists of a dark blue square with the text 'ADELAIDE MASTERS' in white, uppercase letters. Below the square, there are three wavy lines in shades of blue and white, representing water. At the bottom of the logo, the text 'SWIMMING CLUB INC' is written in white, uppercase letters.

ADELAIDE MASTERS

SWIMMING CLUB INC

October

Sunday 23, MSSA LC State Cup, SAALC

November

Sunday 13, MSSA SC Long Distance Meet, SAALC



For up to the minute news and last-minute changes:

Do you have something we can include in the newsletter? Mail it to
adelaidemastersswimming@gmail.com